

| Lap | Food | Drink | Misc |
|-----|----------------------|--------------|-------------------------|
| 1 | Bar | Water | 2 Voltaren |
| 2 | Bar/Sour Squirms | Endura | |
| 3 | Bar | Endura | |
| 4 | Bar | Water | |
| 5 | Bar/half fruit bun | water | wipe & lube chain |
| 6 | Bar | Water | |
| 7 | 2 potatoes | Endura | |
| 8 | 2 potatoes | Endura | wipe & lube chain |
| 9 | Banana | Endura | Lights on |
| 10 | - | Endura | |
| 11 | Risotto | Coffee/water | |
| 12 | Risotto | Water | |
| 13 | Promite sandwich | Coffee/water | |
| 14 | Banana | Water | 1 Voltaren/clean chain |
| 15 | Bar | Coffee/water | Change Garmin |
| 16 | Risotto | Water | |
| 17 | Up n Go | Water | |
| 18 | Choc Ginger Balls | Coffee/water | Change light batteries. |
| 19 | Hot chips | water | Wipe & lube chain |
| 20 | 2 hot potatoes | Coffee/water | Panadol |
| 21 | Cheese Toastie | Water | Hosed drive train |
| 22 | Gel | Water | |
| 23 | Gel | Water | |
| 24 | Banana | Water | |
| 25 | Gel | Water | |
| 26 | Salt n Vinegar Chips | Water | |
| 27 | | | |